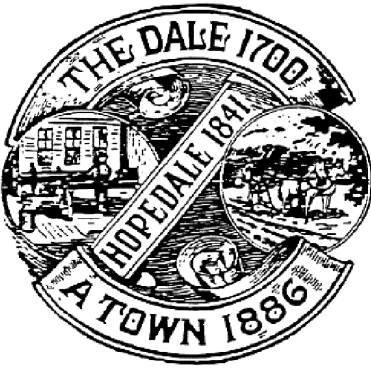


November 2016



HOPEDALE SENIOR NEWS

Published by the Hopedale Council on Aging

43 Hope Street • Hopedale, MA, 01747
(Located inside the Community House)

Sr. Center Phone: 508-634-2208 • Fax: 508-473-6189
Outreach Message Line: 508-478-2858 • E-mail: hopedalecoa@comcast.net
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm

2017 Sr. Tax Credit Program Applications Available Nov. 1 through Dec. 22, 2016.

Hopedale seniors age 60 and over who own (your name must appear on the deed) and reside in their homes may apply to participate in the Sr. Tax Credit Work Program.

Seniors work 91 hours in various town departments in exchange for a \$1,000.00 property tax credit (minus any applicable taxes). Only one (1) tax credit per family is permitted. For 2017 there are a maximum of twenty-five (25) positions.

Complete policy guidelines and applications are available at the Hopedale Sr. Center. Prior participants may reapply. However, no one is guaranteed a return to a previous position.

Please call (508)634-2208 with any questions.



Hopedale's Annual Veterans' Breakfast

Thursday Nov. 3, 2016
9:00 am
Hopedale Sr. Center
Free to all Veterans.



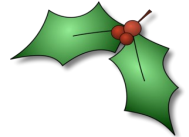
Please call (508)634-2208 to reserve a seat. Veterans of all ages encouraged to attend.

WE ARE CLOSED ON:

Veterans' Day : Fri. Nov. 11
Thanksgiving : Thurs. Nov. 24
Fri. Nov. 25



IT'S THE SEASON FOR CELEBRATIONS !



JOIN US FOR OUR ANNUAL
HOLIDAY PARTY
WEDNESDAY DECEMBER 14, 2016
12:00 NOON

ALICANTE RESTAURANT
IN MENDON, MA



3 COURSE MEAL
ENTERTAINMENT BY JOHNNY DIAMOND
FREE RAFFLE PRIZES
\$21.00 p.p.

RESERVATIONS BY DECEMBER 5, 2016

FREE BUS DEPART HOPEDALE SR. CENTER
11:30 am
FREE BUS DEPARTS GRIFFIN-DENNETT APTS.
11:45 am

MAKE A BEAUTIFUL HOLIDAY GIFT!!!!

FELT HEART PIN WORKSHOP
TUESDAY NOV. 29, 2019
10:30 am - HOPEDALE SR. CENTER
INSTRUCTOR BOBBIE ELFLAND
\$25.00 per person
Sign-up Required by Nov. 22
Class approximately 3 hours.
All supplies provided.
Project Level : Easy



TRANSPORTATION SERVICES

MEDICAL TRANSPORTATION

Medical and prescription transportation services available through the Hopedale Sr. Center:

Local: Hopedale, Milford and Upton

- Appointments between 9:00 am 2:30 pm - Monday - Friday
- No transit between 12:00 noon and 12:30 pm daily
- \$2.00 one way / \$3.00 round trip
- Handicapped Accessible Van
Curb to Curb service only.



Out of Town: Limited Transportation

Need A Ride?

Boston/Framingham

Worcester/Providence/Franklin /Uxbridge/Mendon/
Medway/Bellingham Trips:

- Appointments no earlier than 10:30 am and ready for pick-up by 1:30 pm
- \$25.00 - round trip - Boston, Worcester, Providence
- \$10.00 - round trip - Framingham , Natick, Westboro
- \$ 5.00 – round trip - Franklin, Bellingham, Uxbridge
- Handicapped Accessible Van - Curb to Curb Service

Call the Hopedale Senior Center at (508)634-2208 for reservations at least three (3) business days in advance of your appointment. We stress the importance of scheduling your request for transportation far in advance of your appointment. If your appointment is critical and outside the designated hours of operation please call Carole Mullen.

GROCERY SHOPPING BUS Market Basket, Bellingham, MA

- Every other Wednesday 9:00 am (changes in Newsletter)
- School bus transportation with volunteer assistance
- Bus departs from Griffin-Dennett Housing Authority on Hopedale .
- You may park your car on Hopedale St.
- Cost is \$3.00 p.p. (pay on bus)



Please call (508)634-2208 the Monday prior to shopping date for reservations.

PERSONAL SHOPPING - WALMART

- Monthly trip (usually the 2nd Tues. in each month.
- School bus transportation
- 9:00 am departure
- Bus departs from Griffin-Dennett Housing
- You may park on Hopedale St.
- \$3.00 p.p.



Please call (508)634-2208 the Monday prior to shopping date for reservations.

The Hopedale Sr. Center
needs volunteers !!!



Serve at congregate meals,
call BINGO, be an
escort on the Grocery Bus or help with newsletter.
Call us at (508) 634.2208. You'll have fun, feel
great and brighten an older person's day.

NEED A WAY TO PAY FOR HOME REPAIRS? HAVE AN EMERGENCY ISSUE???

HOME REPAIR LOAN PROGRAM

Bellingham-Hopedale-Franklin Housing
Rehabilitation Program

Leaking roofs, failing heating systems, etc. requiring
immediate emergency assistance may be eligible for
this grant. Call the Sr. Center for eligibility requirements
and more information.



NEED TO GET TO THE HAIR SALON OR DRUG STORE?



NEED TRANSPORTATION??

The COA can transport you to a
Hopedale or Milford area only:

Bank, Drugstore
Nursing Home (visit a friend)
Grocery Store

Hair Salon or Barber

Monday - Friday (Call for hours)

\$4.00 Roundtrip - Advance reservations.



GREAT STUFF FOR FREE!!!! BREADS, BAGELS

AND ASSORTED PASTRIES

PANERA - MONDAYS

ROCHE BROS. - WEDNESDAY (VARIES)



ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

ALL OUR SERVICES ARE CONFIDENTIAL - WE CAN MAKE HOME VISITS

OUTREACH SERVICES

Confidential counseling, caregiver support, information and referral services are available on aging issues for seniors and caregivers.

VETERANS' SERVICES

Confidential counseling with our Veterans' Agent. Individuals issues or medical conditions do not have to be "service-related".

MEDICARE, MEDICAID AND HEALTH AND DRUG INSURANCE COUNSELING

SHINE PROGRAM

Information and assistance is available on all aspects of Medicare coverage and assistance plans available through Medicare & Medicaid. Supplemental health and drug insurance coverage information and assistance for Medicare eligible individuals.

HOME REPAIR

Any senior age sixty (60) and older, who owns and resides in their home, can apply for home repair assistance. *The repair must be deemed a safety concern* in order to qualify for this service. There is no income guideline for this program.

For more information or to apply you can call Central Massachusetts Housing Alliance Elder Home Repair Program at (774)243-3815. You can also check- out the website at www.cmhaonline.org and click on "Read more about our organization" to access the information on Elder Home Repair. Contact the Hopedale Senior Center for additional assistance.

FOOD STAMP APPLICATION ASSISTANCE

Information and application assistance for the Food Stamp Program is available at the Sr. Center or projectbread.org

FILE OF LIFE PROGRAM - FREE

The Sr. Center will provide you with a magnetic card that can be placed on your refrigerator or carried in your purse. The pre-printed card has space for emergency contact numbers, your current medications as well as you attending physicians' names and phone numbers. In the event of an emergency if you are unable to communicate, the card may provide information critical to your care.

HOUSE NUMBER SIGNS PROGRAM - FREE

A wooden number sign is available to all Hopedale residents. As a public safety measure, all residences are required to display house numbers. The TRIAD program will provide you with **free** house number sign. Please contact us for more information on how to obtain a free house number sign.

HEATING ASSISTANCE (SMOC APPLICATION)

(Oil, Gas, Electric, Propane or Wood)

Information and application assistance for the Fuel Assistance Program is available at the Sr. Center. *The Fuel Assistance season will start on November 1 through*

April 30. The Program will accept new clients effective Nov. 1, 2016. Repair and replacement of your heating system may be possible. Call the Sr. Center for details.



HEATING ASSISTANCE THROUGH THE BLOCK GRANT FOR RESIDENTS OVER INCOME FOR SMOC OR FOR THOSE WHO EXHAUST THEIR SMOC BENEFIT

Please call the Hopedale Sr. Center if your income is \$46,100. or below for an individual or \$52,650 or below for a couple.

SHREDDING PROGRAM - FREE

Seniors may use the COA paper shredder free of charge. Please call for an appointment. The COA has the right to limit your quantity of documents.

GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

KNITTERS' GROUP

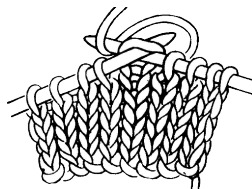
Meets at Sr. Center

We're looking for people who like to knit or crochet

....or those who want to learn!

The Knitters' Group meets on the 3rd Thursday of each month at 10:00 am at the Hopedale Sr. Center. Bring a bag lunch and we will provide dessert. All levels of knitters and crocheters welcome! *We have loads of free yarn and beautiful patterns to share.*

****We donate all items we make to local charities.**



BOOK CLUB - Meets at Bancroft Library

Helen Symonds Book Group

1st Wednesday in each month @ 1:00 pm.

Call (508)634-2209 for details.

GENTLE YOGA - Meets at the Sr. Center

DROP-INS WELCOME!

Try a Class for Free.

Lara Wahl - Instructor

Tues. & Thurs. - 9:00 am to 10:00 am

\$5.00 per class - All skill levels welcome.



MEDITATION CLASS

Meditation Made Easy - Wed. 12 to 1 pm Sr. Center

Nov. 9, 16, 30 / Dec. 7, 14, 21 - \$24.00 - 6 classes

Classes will explore a variety of techniques, including working with the breath, body sensations, thoughts and emotions. Classes will begin with gentle stretches which help to prepare the body to sit comfortably & peacefully. *Deb McGonnell Instructor.*

Sign-up required with Hopedale Sr. Center.



SAFE EXERCISE PROGRAM

Mondays and Wednesdays - 10:00 am

Mostly seated and some standing fun non-impact exercises. Shirley Arcano Instructor. Sign-up with Hopedale Community House.



ARTHRITIS EXERCISE PROGRAM

Fridays - Main Hall - 10:00 am

Hopedale Community House

Sue Sgambato Instructor

Feel good gentle exercise program mostly done while seated. Sign-up with Hopedale Community House.



Have a friendly lunch with us on:

Monday Nov. 7, 2016

11:30 am at the Hopedale Sr. Center

Meal is: Lemon Thyme Chicken (Hot Meal)

\$3.00 suggested donation

IF YOU LIKESTAY FOR

BINGO after lunch at 12:45 pm

Tri-Valley Inc. Caterers

Thursday Nov. 10, 2016

11:30 am at the Hopedale Sr. Center

Meal is: Spaghetti and Meatballs

\$3.00 suggested donation

Tri-Valley Inc. Caterers Sign-up by : 11/8/16

"Trivia with Nancy" after the meal.

DON'T MISS THESE 2 TRIPS TO MECHANICS' HALL FOR BROWN BAG CONCERTS

WED. NOV. 30, 2016 - All that

Holiday Jazz

WPI Big Band Performs



WED. DEC. 7, 2016 - NEC Symphonic

Winds & Chamber Singers

with U. S. Navy Band N.E.

Annual Holiday Concert



\$5.00 p.p. each trip. Bring a bag lunch.

We will supply a dessert. Sign-up required.

Bus departs from Hopedale Sr. at 10:30 am.

Free Matinee Movies - Twice in Nov.

Hopedale Sr. Center -

Sign-up required. 1:00 pm



Wed. Nov. 9, 2016 - Free State of Jones with Matthew McConaughey

A disillusioned Confederate army deserter returns to Mississippi and leads a militia of fellow deserters, runaway slaves, and women in an uprising against the corrupt local Confederate government.



Wed. Nov. 16, 2016 - Captain Fantastic with Viggo Mortensen

In the forests of the Pacific NW, a father devoted to raising his six kids with a rigorous education is forced to leave his paradise.

NEWS FROM SHINE FOR NOVEMBER 2016**NEWS FROM SHINE OCTOBER & NOVEMBER 2016**

**The Medicare Open Enrollment ends on December 7th
Don't Wait Until It's Too Late! Make a SHINE Appointment Soon!**

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS' NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL. MAJOR CHANGES WILL BE MADE TO SOME PLANS.

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

MEDICARE UPDATE MEETINGS

We have scheduled 25 Medicare Update Meetings in the Central Massachusetts area. Check with your local Senior Center to find a meeting near your home. Or check our website www.shinema.org for a list of our local meetings.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at shinema.org

FREE WELLNESS NURSE CLINIC SERVICES

**Mary Watson, RN - Hopedale Sr. Center - Wed. Nov. 9 and Wed. Nov. 30
9:30 am - 11:30 am "First Come Basis" No appointments needed.**

All meetings are confidential and free of charge.

Nurse Mary Watson can check vital signs, review medications and ask questions associated with your medications and obtain general medical information, referrals and access to services.

**ATTENTION SENIORS WHO TAKE PRESCRIPTION DRUGS**

Did you reach the coverage gap in 2016? Do you have Prescription Advantage Coverage? Are you wondering whether there is a less expensive drug plan that covers your prescriptions? Call the Sr. Center at (508)634-2208 for a confidential discussion.



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Pat Johnson
Claudette Hughes
Edward Holland
Nancilee Fuller
Diane Frazier
Rebecca Wild-Wesley

Director Carole Mullen
Outreach Nancy Mosher
Staff Assistant Jennifer Bethel

The COA Board meets on the 3rd Thursday of each month at 1:00 pm at the Sr. Center.



*The mailing of this newsletter
is funded by the Hopedale Friends
of Elders.*

HOPEDALE FRIENDS OF ELDERS, INC.

Box 318
Hopedale
Massachusetts 01747

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HOPEDALE FRIENDS OF ELDERS

Friends of Elders Inc. want to acknowledge donations to their organization. Donations can be made in honor of births, birthdays, and anniversaries and in memory of loved ones.

No minimum donation is required for a printed acknowledgement.

All correspondence can be mailed to: Hopedale Friends of Elders, PO Box 318 Hopedale, MA 01747

Donations can also be dropped off at the **Curiosity Shoppe of Hopedale** on Depot Street in Hopedale

Curiosity Shoppe hours are **Thursday, Friday and Saturday 9:30am to 12:30pm** - **Volunteers Welcome!**



Great holiday gifts at our shop.

COUNCIL ON AGING ANNUAL TRIM THE TREE PARTY AND LUNCH

LET'S DECORATE AND HAVE LUNCH TOGETHER.

ASSORTED SANDWICHES AND DESSERTS

THURSDAY DEC. 1, 2016 - 10:00 AM

LUNCH AT 11:30 AM \$5.00 P.P.

HOPEDALE SR. CENTER

WE'LL SUPPLY THE DECORATIONS. PLEASE CALL FOR RESERVATIONS.



Download from
Dreamstime.com

www.dreamstime.com

